






Eat Smart Be Smart

Eat

Smart
with MyPlate for Kids

-  **Grade Level:** Second **Lesson Time:** 30 minutes
-  **Integrated Core Subjects:** Language Arts, Health Enhancement
-  **Montana Content Standard:** Reading 4: Students select, read, and respond to print and non-print material for a variety of purposes.
-  **Montana Content Standard:** Health Enhancement 1: Students have a basic knowledge and understanding of concepts that promote comprehensive health.
-  **Objectives:** Students will examine the MyPlate for Kids and identify the five food groups; identify foods that belong in each food group; recognize the importance of eating from each food group, and recognize physical activity as an important step to staying healthy.

Lesson/Activity

1. Place the poster in the front of the room and distribute copies of the blank MyPlate coloring sheet to each student. Explain that the MyPlate is a tool for helping children and adults plan their food intake to eat right for strong healthy bodies and smart minds. It shows a place setting that reflects healthful foods in the proper portions.
2. Ask the students how many food groups are on the page. There are five different groups: Grains, Vegetables, Fruits, Milk, Protein (Meat & Beans).
3. Ask the students if they can name examples of foods that belong in each. Simple food examples include: cereal, carrots, apple, milk, and egg.
4. To help students identify which foods are in each food group, distribute the Eat Smart with MyPlate for Kids work sheet to the students. Review the directions and have the students complete it either individually or as a class. Review the answers with the students.
5. Have the students select a food that they would like to eat or drink from each food group. Ask them to write the name and draw it in the correct food group on the MyPlate work sheet. Ask them to write a complete sentence for each of the foods chosen describing its color, shape, or a fact about it.



Materials Needed

- A copy of the MyPlate poster.
- A copy of the MyPlate coloring sheet for each student.
- A copy of the Eat Smart with MyPlate work sheet for each student.
- A copy of the Switcheroo Recipe Handout for each student.


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7. Ask the students if they know reasons why it is important to move our bodies each day? Answers could be it keeps our heart healthy, helps us learn, helps us relieve stress and have fun. Discuss the importance of physical activity to staying healthy and the relationship to food intake. Children that are physically active usually need more food than children that aren't active each day.
8. Review with the students the many ways to be physically active by asking students to raise their hand if they would like to demonstrate a physical activity? Call on the students individually to demonstrate the physical activity and then lead the rest of the class in the activity. Examples could be playing basketball, running or playing soccer, jumping rope, swimming or bike riding.
9. To conclude this lesson, ask the students to draw and write the words for two ways to keep physically active on the work sheet.
10. Reinforce the need to eat foods from every food group and be physically active to stay healthy every day.

Outcome Goals

-  Students will be able to name the food groups on MyPlate.
-  Students will be able to classify food in the correct food group.

Extending the Lesson

-  Use the Switcheroo Recipe handout as a homework assignment for students to complete with their parents on sharing a family favorite healthy meal or snack with the class to create a class cookbook.



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Acknowledgments/

Adapted From

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